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# WELLNESS WATCH

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November 2005

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Introducing the newest addition  
to the Eastside Wellness Center  
team!

## Beth Whitman

Beth graduated from the University of Maine at Farmington, with a Bachelors in Community Health with a dual concentration in Exercise Science and Nutrition Care for Children. Beth is available for Fitness Consultations during the Eastside Wellness Center's evening hours. Make an appointment or stop by today!

### Top 5 Reasons to go to the Eastside Wellness Center in the Evenings

1. It's getting cold outside and the Wellness Center is warm!
2. We're open until 8 pm Monday thru Thursday!
3. We have new evening staff!
4. We have new evening aerobics classes!
5. It's getting dark outside & our lights are on!

Check out the new classes at  
the EWC!!!

### *Dancer Sculpt*

A low impact workout for the beginner to seasoned exerciser. Combining cardiovascular exercise, ballet style stretching and strengthening, this workout aims to improve tone, flexibility, stamina and posture. No dance skills required!

Dancer Sculpt is offered Tuesdays and  
Thursdays from 7:00 – 7:30 am

### **Cardio Combo**

Cardio Combo combines samplings of hi-lo aerobics, step, cardio-kickboxing and boot camp style exercises. Beginners will find this to be an easy to follow class that still provides a challenge for intermediate to advanced exercisers!

Cardio Combo is offered Tuesdays and  
Thursdays from 5:30 – 6:25 pm

## Low Fat Chicken Casserole



12 oz bag fine egg noodles, cooked and drained

2 jars chunky spaghetti sauce

4 Chicken breast, cooked, boned and skinned

8 oz. nonfat ricotta cheese

4 egg whites

8 oz. part skim mozzarella cheese

2 T. Parmesan cheese

In a large bowl combine chicken and spaghetti sauce. In a separate bowl combine ricotta cheese, egg whites and Parmesan cheese. Spray 9x 13 inch pan with nonfat cooking spray. Spread ½ of chicken/sauce mixture in pans. Top with ½ mixture of ricotta cheese. Place ½ the noodles on top of this and repeat layers. Top with mozzarella cheese. Bake at 350 degrees for 30 -40 minutes.

### Wellness Fact:



Replacing saturated fats with unsaturated fats such as olive oil can help reduce cholesterol and keep the heart healthy.

## CALENDAR OF EVENTS

**NOVEMBER 11**

**EWC CLOSED –  
VETERAN'S DAY**

**NOVEMBER 23**

**EWC CLOSING AT 5PM**

**NOVEMBER 24**

**EWC CLOSED –  
THANKSGIVING DAY**

**NOVEMBER 25**

**EWC CLOSED –  
DAY AFTER THANKSGIVING**

**NOVEMBER 30**

**STRETCHING LUNCH AND  
LEARN**

**DEPARTMENT OF  
TRANSPORTATION**

**12 -12:30**

**Wellness Watch is brought to you by**

Eastside Wellness Center  
A benefit provided by your employer.  
6 Elkins Lane  
Augusta, ME 04333

207-287-9065

Managed + Staffed by



**Occupational Health + Rehabilitation Inc**